

Orthodontic Department

Headgear

1. Wear the headgear with the safety strap as instructed 12 – 14 hours per day, unless otherwise advised. It can be worn whilst doing homework, watching television and in bed at night.
2. You may have difficulty sleeping and find the teeth painful for the first 4 – 5 days, but this will improve with time and perseverance.
3. Handle the headgear with care and if any part of the headgear becomes loose or broken, please contact the orthodontic department on **01784 884650**.
4. Due to the risk of eye injury, if the headgear catches your eye or if it repeatedly detaches at night, please urgently contact the orthodontic department.
5. Please fill out the headgear chart and bring the headgear and the chart with you to your next appointment.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you still remain concerned please contact our Complaints Manager on 01932 722612 or email complaints@asph.nhs.uk.

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We can provide interpreters for a variety of languages, information in larger print or other formats (e.g. audio) - please call us on 01932 723553.



To use the TypeTalk service, prefix all numbers with 18002.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید.

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

ਜੇ ਤੁਹਾਨੂੰ ਭਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

यदि आपको अनुवाद की जरूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

Se precisa de uma tradução por favor contacte: 01932 723553

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